



Patient Name:
 External ID:
 Accession No:
 Doctor/Clinic:
 Ordered By:
 Fax#:
 Comments:

Age:
 Test ID:
 Doctor ID:

Date of Birth:
 Data File:
 Technician:

Date Collected:
 Date Received:
 Date Run:
 Date Reported:
 DateFinal:

Final Report

RESULT	Reference Range			ALLERGEN	NOT SAFE		
	Low	Moderate	Avoid		Low	Moderate	Avoid
				DAIRY			
1674	Avoid	<190	190 - 600	>600	Casein		
1528	Avoid	<210	210 - 500	>500	Cheddar Cheese		
1607	Avoid	<230	230 - 690	>690	Cottage Cheese		
1447	Avoid	<190	190 - 600	>600	Cow's Milk		
537	Avoid	<190	190 - 500	>500	Goat's Milk		
1529	Avoid	<170	170 - 550	>550	Mozzarella Cheese		
1600	Avoid	<230	230 - 600	>600	Swiss Cheese		
1893	Avoid	<150	150 - 450	>450	Whey		
				MEATS			
477	Moderate	<190	190 - 490	>490	Beef		
422	Avoid	<160	160 - 250	>250	Chicken		
1330	Avoid	<400	400 - 900	>900	Egg White		
955	Avoid	<360	360 - 900	>900	Egg Yolk		
260	Moderate	<140	140 - 270	>270	Lamb		
87	Low	<150	150 - 350	>350	Pork		
263	Avoid	<120	120 - 250	>250	Turkey		
				GRAINS			
259	Avoid	<110	110 - 210	>210	Barley		
103	Low	<120	120 - 250	>250	Buckwheat		
127	Moderate	<110	110 - 200	>200	Corn		
534	Avoid	<140	140 - 300	>300	Gliadin		
388	Avoid	<150	150 - 330	>330	Gluten		
141	Moderate	<100	100 - 200	>200	Hemp		
263	Moderate	<140	140 - 300	>300	Malt		
68	Low	<100	100 - 150	>150	Oat		
112	Moderate	<110	110 - 180	>180	Quinoa		
101	Low	<120	120 - 200	>200	Rice		
685	Avoid	<150	150 - 350	>350	Wheat		
				FISH			
85	Low	<180	180 - 350	>350	Cod		
82	Low	<130	130 - 240	>240	Halibut		
82	Low	<130	130 - 240	>240	Salmon		
72	Low	<120	120 - 180	>180	Sardine		
95	Low	<160	160 - 250	>250	Sole		
120	Moderate	<120	120 - 200	>200	Tilapia		
87	Low	<150	150 - 250	>250	Trout		
71	Low	<120	120 - 250	>250	Tuna		
				SHELLFISH			
109	Low	<130	130 - 220	>220	Clam		
101	Low	<150	150 - 250	>250	Crab		
104	Low	<160	160 - 250	>250	Lobster		
105	Low	<120	120 - 190	>190	Oyster		
82	Low	<140	140 - 240	>240	Shrimp		
				NUTS			
478	Moderate	<200	200 - 600	>600	Almond		
1415	Avoid	<200	200 - 590	>590	Peanut		
117	Low	<120	120 - 250	>250	Pecan		
304	Avoid	<120	120 - 250	>250	Sesame Seed		
160	Low	<180	180 - 390	>390	Sunflower Seed		
169	Moderate	<140	140 - 300	>300	Walnut		
				CANDIDA SCREEN			
82	Moderate	<70	70 - 100	>100	Candida Albicans		

This test does not detect IgE based immediate type food allergies. Only IgG4 delayed food allergies are detected with this test.



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RESULT	Reference Range			ALLERGEN	Low	NOT SAFE	
	Low	Moderate	Avoid			Moderate	Avoid
FRUITS							
71	Low	<140	140 - 300	>300	Apple Mix	██████████	
82	Low	<90	90 - 150	>150	Apricot	██████████	
119	Low	<120	120 - 250	>250	Avocado	██████████	
213	Low	<220	220 - 370	>370	Banana	██████████	
105	Low	<120	120 - 250	>250	Blueberry	██████████	
83	Low	<90	90 - 170	>170	Cranberry	██████████	
194	Moderate	<120	120 - 220	>220	Grapefruit	██████████	
182	Moderate	<110	110 - 200	>200	Lemon	██████████	
80	Low	<100	100 - 200	>200	Nectarine	██████████	
210	Moderate	<120	120 - 250	>250	Orange	██████████	
861	Avoid	<140	140 - 300	>300	Papaya	██████████	██████████
100	Moderate	<90	90 - 190	>190	Peach	██████████	
63	Low	<80	80 - 170	>170	Pear	██████████	
1049	Avoid	<200	200 - 600	>600	Pineapple	██████████	██████████
72	Low	<90	90 - 190	>190	Plum	██████████	
127	Moderate	<120	120 - 220	>220	Raspberry	██████████	
207	Moderate	<120	120 - 250	>250	Red Grape	██████████	
92	Low	<120	120 - 200	>200	Strawberry	██████████	
119	Low	<150	150 - 250	>250	Watermelon	██████████	
VEGETABLES							
129	Moderate	<120	120 - 210	>210	Asparagus	██████████	
112	Low	<120	120 - 200	>200	Beet	██████████	
84	Low	<120	120 - 200	>200	Black Olive	██████████	
84	Low	<110	110 - 160	>160	Broccoli	██████████	
82	Low	<120	120 - 250	>250	Cabbage	██████████	
72	Low	<110	110 - 250	>250	Carrot	██████████	
103	Low	<110	110 - 200	>200	Cauliflower	██████████	
100	Low	<120	120 - 200	>200	Celery	██████████	
95	Low	<110	110 - 200	>200	Cucumber	██████████	
1049	Avoid	<230	230 - 600	>600	Garlic	██████████	██████████
445	Avoid	<150	150 - 400	>400	Green Bean	██████████	██████████
317	Moderate	<130	130 - 380	>380	Green Pepper	██████████	
829	Moderate	<360	360 - 830	>830	Kidney Bean	██████████	
108	Low	<120	120 - 240	>240	Lentil	██████████	
91	Low	<120	120 - 200	>200	Lettuce	██████████	
202	Moderate	<130	130 - 250	>250	Lima Bean	██████████	
121	Moderate	<120	120 - 200	>200	Onion	██████████	
117	Low	<130	130 - 250	>250	Pea	██████████	
137	Moderate	<110	110 - 200	>200	Potato	██████████	
93	Moderate	<75	75 - 110	>110	Pumpkin	██████████	
228	Moderate	<180	180 - 350	>350	Soybean	██████████	
84	Low	<120	120 - 200	>200	Spinach	██████████	
127	Moderate	<120	120 - 250	>250	Tomato	██████████	
MISCELLANEOUS							
83	Low	<100	100 - 150	>150	Baker's Yeast	██████████	
84	Low	<100	100 - 150	>150	Brewer's Yeast	██████████	
105	Low	<120	120 - 200	>200	Cane Sugar	██████████	
82	Low	<120	120 - 200	>200	Chocolate	██████████	
87	Low	<120	120 - 200	>200	Coffee	██████████	
97	Low	<120	120 - 200	>200	Honey	██████████	
87	Low	<140	140 - 250	>250	Mushroom	██████████	

This test does not detect IgE based immediate type food allergies. Only IgG4 delayed food allergies are detected with this test.

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PERSONALIZED FOUR DAY ROTATION FOOD PLAN



PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 1 Choices								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
cod	oat milk	MALT	KIDNEY BEAN	black olive	banana			baker's yeast
LAMB		oat		carrot	RED GRAPE			brewer's yeast
oyster				celery				cane sugar
								MALT, BEER

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 2 Choices								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
crab	ALMOND MILK	POTATO FLOUR		beet	apple mix	ALMOND		apple used as sweetener
lobster	POTATO MILK	POTATO		GREEN PEPPER	blueberry			mushroom
salmon		STARCH		mushroom	cranberry			pear used as sweetener
trout				POTATO	pear			
				spinach				
				TOMATO				

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 3 Choices								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
BEEF	SOY MILK	buckwheat	lentil	ASPARAGUS	avocado	pecan		coffee
clam		CORN	LIMA BEAN	avocado	RASPBERRY	SOY OIL		honey
halibut			SOYBEAN	CORN	strawberry	WALNUT		
sole				cucumber	watermelon	WALNUT OIL		
TOFU				ONION				
				pea				

PERSONALIZED FOUR DAY ROTATION FOOD PLAN - DAY 4 Choices								
Proteins	Dairy	Grains/Flour	Legumes	Vegetables	Fruits	Nuts,Seeds,Oils	Herbs,Spices	Miscellaneous
pork	rice milk	rice		broccoli	apricot	sunflower oil		chocolate
sardine				cabbage	GRAPEFRUIT	sunflower seed		
shrimp				cauliflower	LEMON			
tuna				lettuce	nectarine			
					ORANGE			
					PEACH			
					plum			

EXAMPLE: You may make different food choices on your next rotation or prepare things in other ways but keep to the foods and seasonings listed on this page for each day.

low reaction = lowercase

MODERATE = UPPERCASE

SIGNIFICANT = IS NOT LISTED IN ROTATION

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FOUR DAY ROTATION FOOD PLAN - SUMMARY OF FOOD



LOW REACTION FOODS						
Apple Mix	Apricot	Avocado	Baker's Yeast	Banana	Beet	Black Olive
Blueberry	Brewer's Yeast	Broccoli	Buckwheat	Cabbage	Cane Sugar	Carrot
Cauliflower	Celery	Chocolate	Clam	Cod	Coffee	Crab
Cranberry	Cucumber	Halibut	Honey	Lentil	Lettuce	Lobster
Mushroom	Nectarine	Oat	Oyster	Pea	Pear	Pecan
Plum	Pork	Pumpkin	Rice	Salmon	Sardine	Shrimp
Sole	Spinach	Strawberry	Sunflower Seed	Trout	Tuna	Watermelon

MODERATE COMSUMPTION - MAY EAT ONCE EVERY FOUR DAYS						
ALMOND	ASPARAGUS	BEEF	CANDIDA ALBICANS	CORN	GRAPEFRUIT	GREEN PEPPER
HEMP	KIDNEY BEAN	LAMB	LEMON	LIMA BEAN	MALT	ONION
ORANGE	PEACH	POTATO	QUINOA	RASPBERRY	RED GRAPE	SOYBEAN
TILAPIA	TOMATO	WALNUT				

AVOID THESE FOODS						
BARLEY	CASEIN	CHEDDAR CHEESE	CHICKEN	COTTAGE CHEESE	COW'S MILK	EGG WHITE
EGG YOLK	GARLIC	GLIADIN	GLUTEN	GOAT'S MILK	GREEN BEAN	MOZZARELLA CHEESE
PAPAYA	PEANUT	PINEAPPLE	SESAME SEED	SWISS CHEESE	TURKEY	WHEAT
WHEY						

PENDING RESULTS

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